

HESI

Comprehensive 1 Month Study Plan

Week 1 Diagnostics/Review

Part 1: Diagnostics

Take the free diagnostics for all subjects:

- Math
- Grammar
- Vocabulary
- Biology
- Reading
- Anatomy & Physiology (A&P)

Review your results:

For topics where you scored well, simply review the quizzes and only make flashcards for concepts that you get wrong on each quiz.

For topics where you scored low, focus your attention on these quizzes and make flashcards for all of the important content to review throughout the month leading up to your exam.

You may also want to edit your study plan based on your diagnostic results. If you score 80% or above on a topic or section and you have limited time, you can cross that out from your study plan and review it at the end if you have time.

You can also move topics where you scored lower on the diagnostic to come earlier in the study plan so that you have more time to review them!

Part 2: Reviewing Each Subject

In addition to the diagnostic tests, begin to review the following subjects during Week 1:

- Math**
 - Preliminary Skills
 - Whole Numbers
 - Decimals
- Grammar**
 - Identify Parts of Speech
- Vocabulary**
 - 4 quizzes
- Biology**
 - Basics, Water
 - Molecules, Metabolism
- Reading**
 - Identifying the Main Idea
 - Identifying Supporting Details
 - Find Meaning of Words in Context
- A&P**
 - General Anatomy and Physiology
 - Histology
 - Integumentary System
 - Skeletal System
 - Nervous System

Weeks 2 & 3 Reviewing Each Subject

Week 2

- Math**
 - Fractions
 - Converting Between Fractions and Decimals
 - Ratios and Proportions
 - Percentages
- Grammar**
 - Understand Sentence Structure
- Vocabulary**
 - 3 quizzes
- Biology**
 - Cellular Respiration
 - Photosynthesis
 - Cellular Reproduction
- Reading**
 - Analyzing the Author's Purpose and Point of View
- A&P**
 - Muscular System
 - Endocrine System
 - Circulatory System
 - Respiratory System

Week 3

- Math**
 - Conversions
 - Elementary Algebra
- Grammar**
 - Identifying Common Grammar Mistakes
- Vocabulary**
 - 3 quizzes
- Biology**
 - Genetic
 - DNA
 - RNA
 - Protein Synthesis
- Reading**
 - Distinguishing Between Fact & Opinion
 - Making Logical Inferences
- A&P**
 - Digestive System
 - Urinary System
 - Reproductive System
 - Lymphatic System

Week 4 Final Review

- Math**
 - Practice Tests
- Grammar**
 - Practice Tests
- Vocabulary**
 - Practice Tests
- Biology**
 - Practice Tests
- Reading**
 - Practice Tests
- A&P**
 - Practice Tests

➤➤➤ If **Chemistry** or **Physics** are part of your HESI Exam, add these subjects to your study plan:

Chemistry

- Week 1:** Scientific Notation, Atomic Structure, State of Matter
- Week 2:** Reaction Rates, Equilibrium Reaction, Solutions & Solution Concentration
- Week 3:** Chemical Reaction, Oxidation & Reduction, Acids & Bases
- Week 4:** Nuclear Chemistry, Practice Tests

Physics

- Week 1:** Nature of Motion, Acceleration, Projective Motion
- Week 2:** Newton's Laws of Motion, Friction, Rotation
- Week 3:** Uniform Circular Motion, Kinetic & Potential Energy, Universal Gravitation, Waves & Sounds
- Week 4:** The Nature of Electricity, Magnetism & Electricity, Practice Tests

Week 1

Diagnostics/Review

Part 1: Diagnostics

Take the free diagnostics for all subjects:

- Math
- Grammar
- Vocabulary
- Biology
- Reading
- Anatomy & Physiology (A&P)

Review your results:

For topics where you scored well, simply review the quizzes and only make flashcards for concepts that you get wrong on each quiz.

For topics where you scored low, focus your attention on these quizzes and make flashcards for all of the important content to review throughout the month leading up to your exam.

You may also want to edit your study plan based on your diagnostic results. If you score 80% or above on a topic or section and you have limited time, you can cross that out from your study plan and review it at the end if you have time.

You can also move topics where you scored lower on the diagnostic to come earlier in the study plan so that you have more time to review them!

Part 2: Reviewing Each Subject

In addition to the diagnostic tests, begin to review the following subjects during Week 1:

- Math**
 - Preliminary Skills
- Grammar**
 - Identify Parts of Speech Lessons 1-3
- Biology**
 - Basics, Water
- Reading**
 - Identifying the Main Idea
- A&P**
 - General Anatomy and Physiology
 - Histology
 - Integumentary System

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For ALL Content Areas, Review Notes from the Previous Weeks



HESI

Comprehensive 2 Month Study Plan

Weeks 2-7

Reviewing Each Subject

Week 2

- Math**
 - Whole Numbers
 - Decimals
- Grammar**
 - Identify Parts of Speech Lessons 4-7
- Vocabulary**
 - 2 quizzes
- Biology**
 - Cell and Cellular Respiration
- Reading**
 - Identifying the Supporting Details
- A&P**
 - Skeletal System

Week 3

- Math**
 - Fractions
- Grammar**
 - Identify Parts of Speech Lessons 8-9
 - Understand Sentence Structure Lessons 1-3
- Vocabulary**
 - 2 quizzes
- Biology**
 - Molecules, Metabolism
- Reading**
 - Find Meaning of Words in Context
- A&P**
 - Muscular System
 - Nervous System

Week 4

- Math**
 - Converting Between Fractions and Decimals
- Grammar**
 - Understand Sentence Structure Lessons 4-6
 - Identifying Common Grammar Mistakes Lessons 1-3
- Vocabulary**
 - 2 quizzes
- Biology**
 - Photosynthesis
- Reading**
 - Analyzing the Author's Purpose and Point of View
- A&P**
 - Circulatory System

Week 5

- Math**
 - Ratios and Proportions
 - Percentages
- Grammar**
 - Identifying Common Grammar Mistakes Lessons 4-7
- Vocabulary**
 - 2 quizzes
- Biology**
 - Cellular Reproduction
- Reading**
 - Distinguishing Between Fact & Fiction
- A&P**
 - Respiratory System
 - Endocrine System

Week 6

- Math**
 - Conversions
 - Elementary Algebra
- Grammar**
 - Identifying Common Grammar Mistakes Lessons 8-10
- Vocabulary**
 - 2 quizzes
- Biology**
 - Genetic
 - DNA
- Reading**
 - Making Logical Inferences
- A&P**
 - Digestive System
 - Urinary System

Week 7

- Math**
 - Practice Tests
- Grammar**
 - Practice Tests
- Vocabulary**
 - Practice Tests
- Biology**
 - RNA
 - Protein Synthesis
- Reading**
 - Practice Tests
- A&P**
 - Reproductive System
 - Lymphatic System

Week 8

Final Review

- Math**
 - Study Notes Taken Throughout the HESI Math Review Series
- Grammar**
 - Study Notes Taken Throughout the HESI Grammar Review Series
- Vocabulary**
 - Study Notes Taken Throughout the HESI Vocabulary Review Series and from the Simulated Practice Test
- Biology**
 - Practice Tests
- Reading**
 - Study Notes Taken Throughout the HESI Reading Review Series
- A&P**
 - Practice Tests

If Chemistry or Physics are part of your HESI Exam, add these subjects to your study plan:

Chemistry

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|-----------------------------------------------|--------------------------------------------------|
| Week 1: Diagnostic Test, Scientific Notation | Week 5: Chemical Reaction, Oxidation & Reduction |
| Week 2: Reaction Rates, Atomic Structure | Week 6: Acids & Bases |
| Week 3: Equilibrium Reaction, State of Matter | Week 7: Nuclear Chemistry |
| Week 4: Solutions & Solution Concentration | Week 8: Practice Tests |

Physics

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|----------------------------------------------------|-------------------------------------------------------------|
| Week 1: Diagnostic Test | Week 5: Uniform Circular Motion, Kinetic & Potential Energy |
| Week 2: Nature of Motion, Acceleration | Week 6: Universal Gravitation, Waves & Sounds |
| Week 3: Projective Motion, Newton's Laws of Motion | Week 7: The Nature of Electricity, Magnetism & Electricity |
| Week 4: Friction, Rotation | Week 8: Practice Tests |

Week 1

Diagnostics/Review

Comprehensive 12 Week Study Plan

Part 1: Diagnostics

Take the free diagnostics for all subjects:

- Math
- Grammar
- Vocabulary
- Biology
- Reading
- Anatomy & Physiology (A&P)

Review your results:

For topics where you scored well, simply review the quizzes and only make flashcards for concepts that you get wrong on each quiz.

For topics where you scored low, focus your attention on these quizzes and make flashcards for all of the important content to review throughout the month leading up to your exam.

You may also want to edit your study plan based on your diagnostic results. If you score 80% or above on a topic or section and you have limited time, you can cross that out from your study plan and review it at the end if you have time.

You can also move topics where you scored lower on the diagnostic to come earlier in the study plan so that you have more time to review them!

Part 2: Reviewing Each Subject

In addition to the diagnostic tests, begin to review the following subjects during Week 1:

- Grammar**
 - Identify Parts of Speech Lessons 1-2
- A&P**
 - General Anatomy and Physiology

Weeks 2-11

Reviewing Each Subject

Week 2

- Math**
 - Preliminary Skills
 - Whole Numbers
- Grammar**
 - Identify Parts of Speech Lessons 3-4
- Vocabulary**
 - 1 quiz
- Biology**
 - Basics
- Reading**
 - Identifying the Main Idea
- A&P**
 - Histology
 - Skeletal System

Week 3

- Math**
 - Decimals
- Grammar**
 - Identify Parts of Speech Lessons 5-7
- Vocabulary**
 - 1 quiz
- Biology**
 - Water
- Reading**
 - Identifying Supporting Details
- A&P**
 - Integumentary System

Week 4

- Math**
 - Fractions
- Grammar**
 - Identify Parts of Speech Lessons 8-9
- Vocabulary**
 - 1 quiz
- Biology**
 - Cell
- Reading**
 - Find Meaning of Words in Context
- A&P**
 - Circulatory System

Week 5

- Math**
 - Converting Between Fractions and Decimals
- Grammar**
 - Understand Sentence Structure Lessons 1-3
- Vocabulary**
 - 1 quiz
- Biology**
 - Cellular Respiration
- Reading**
 - Review Notes from Content thus far
- A&P**
 - Muscular System
 - Nervous System

For ALL Content Areas, Review Notes from the Previous Weeks

Week 6

- Math**
 - Ratios and Proportions
- Grammar**
 - Understand Sentence Structure Lessons 4-6
- Vocabulary**
 - 1 quiz
- Biology**
 - Molecules
- Reading**
 - Analyzing the Author's Purpose and Point of View Lesson 1
- A&P**
 - Respiratory System

Week 7

- Math**
 - Percentages
- Grammar**
 - Study Notes Taken Throughout the HESI Grammar Review Series
- Vocabulary**
 - 1 quiz
- Biology**
 - Metabolism
- Reading**
 - Analyzing the Author's Purpose and Point of View Lessons 2-3
- A&P**
 - Endocrine System

Week 8

- Math**
 - Conversions
- Grammar**
 - Identifying Common Grammar Mistakes Lessons 1-4
- Vocabulary**
 - 1 quiz
- Biology**
 - Photosynthesis
- Reading**
 - Analyzing the Author's Purpose and Point of View Lesson 4
- A&P**
 - Digestive System

Week 9

- Math**
 - Elementary Algebra
- Grammar**
 - Identifying Common Grammar Mistakes Lessons 5-7
- Vocabulary**
 - 1 quiz
- Biology**
 - Cellular Reproduction
- Reading**
 - Distinguishing Between Fact & Fiction
- A&P**
 - Urinary System

Week 10

- Math**
 - Fractions
 - Converting Between Fractions and Decimals
- Grammar**
 - Identifying Common Grammar Mistakes Lessons 8-10
- Vocabulary**
 - 1 quiz
- Biology**
 - Genetic
 - DNA
- Reading**
 - Making Logical Inferences
- A&P**
 - Reproductive System

Week 11

- Math**
 - Practice Tests
- Grammar**
 - Practice Tests
- Vocabulary**
 - 1 quiz
- Biology**
 - RNA
 - Protein Synthesis
- Reading**
 - Practice Tests
- A&P**
 - Lymphatic System

Week 12

Final Review

- Math**
 - Study Notes Taken Throughout the HESI Math Review Series
- Grammar**
 - Study Notes Taken Throughout the HESI Grammar Review Series
- Vocabulary**
 - 1 quiz
- Biology**
 - Practice Tests
- Reading**
 - Study Notes Taken Throughout the HESI Reading Review Series
- A&P**
 - Practice Tests

For ALL Content Areas, Review Notes from the Previous Weeks

If Chemistry or Physics are part of your HESI Exam, add these subjects to your study plan:

Chemistry

- | | |
|--------------------------------------------|--------------------------------------------|
| Week 1: Diagnostic Test | Week 8: Solutions & Solution Concentration |
| Week 2: Scientific Notation | Week 9: Chemical Reaction |
| Week 3: Reaction Rates | Week 10: Oxidation & Reduction |
| Week 4: Atomic Structure | Week 11: Nuclear Chemistry, Acids & Bases |
| Week 5: Equilibrium Reaction | Week 12: Simulated Practice Tests |
| Week 6: Review Notes from Content thus far | |
| Week 7: State of Matter | |

Physics

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|----------------------------------------------------|------------------------------------------------------------|
| Week 1: Diagnostic Test | Week 7: Universal Gravitation |
| Week 2: Nature of Motion, Acceleration | Week 8: Waves & Sounds |
| Week 3: Projective Motion, Newton's Laws of Motion | Week 9: The Nature of Electricity |
| Week 4: Friction, Rotation | Week 10: Magnetism and Electricity |
| Week 5: Uniform Circular Motion | Week 11: Practice Tests |
| Week 6: Kinetic & Potential Energy | Week 12: Review Notes from All Lessons and Simulated Tests |